



News and Events

September is National Preparedness Month



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Tackle the Flu!!!



[Click to learn more about the official Tackle the Flu campaign](#)

September 24th is Family Health & Fitness Day USA



[Click here to learn more](#)

September 28th is National Women's Health & Fitness Day



[Click here to learn more](#)

In the News...September, 2011

- [September is Fruits and Veggies, More Matters Month](#)

- [September is National Cholesterol Education Month](#)

- [September is National Ovarian Cancer Awareness Month](#)

- [September is Whole Grains Month](#)

- [FirstHealth names David Kilarski as new CEO](#)

- [Food & water safety during hurricanes, power outages, and floods](#)

- [The ASPR Facebook Application Challenge](#)

- [National survey finds that early childhood immunization rates are increasing](#)

- [Emergency preparedness for your pets](#)

[- The basics of safe food handling](#)

[- NC health officials push for rabies vaccination to protect pets, people](#)

[- FDA proposes health "App" guidelines](#)

[- Latest state data shows that obesity rates remain high](#)